Supplement to the Davis Clipper

Residents express gratitude to military members

Davis County Health Department's Family Health & Senior Services members are organizing a letter writing campaign to show their gratitude to America's deployed military members. The campaign runs January 10-18 in honor of Martin Luther King, Jr. National Day of Service on Monday, Jan. 18.

'Individuals of all ages are asked to support our deployed military men and women by writing a few paragraphs expressing appreciation for their service in protecting our American way of life," said Viki Bowman, program manager of Davis County Retired & Senior Volunteer Program (RSVP), the campaign's co-sponsor. "Just 10-15 minutes of your time can help bring joy and comfort to a U.S. service member stationed overseas.'

The letters will be distributed through Operation Gratitude, a national program supporting U.S. military by sending out more than 1,334,872 care packages throughout the world. Each package will contain letters of personal thanks and appreciation.

Campaign committee members are engaging schools, elected officials, service groups, businesses, and individuals in hopes of breaking the Corporation for National and Community Service, Senior Corps record of 4,689 letters sent by Washington County in

"It should be easy to break Washington County's record if the committee does its part to inform people of the campaign," said Bowman. "Davis residents are very appreciative and aware of the sacrifices made by military members and their families. We're home to Hill Air Force Base and support our troops.'

Letters may be dropped off at the county's senior activity centers: Autumn Glow, 81 E. Center Street in Kaysville; Golden Years, 726 S. 100 East in Bountiful; and North Davis, 42 S. State St. in Clearfield. Also, letters may be mailed to Davis RSVP, P.O. Box 618, Farmington, UT 84025. Call 801-525-5094 for letter guidelines, topic ideas or to make pickup arrangements. Deadline for letter submissions is noon on Tuesday, Jan. 19

LINDA FREER, DAVIS COUNTY Health Department's Meals on Wheels coordinator, answers a question from one of the many volunteers writing letters to deployed military members during the first Operation Gratitude letter writing campaign. Local organizers are actively expanding this year's efforts to send out even more letters than before and are seeking a wide variety of volunteers to help.

Photo by Bob Ballew, DCHD



Caregiver educational classes coming up

Davis County's Family Caregiver Support Program is offering a six-week series of classes for individuals who care for family members that are older and/or frail.

Classes are offered at two different locations starting early February. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd. Layton), noon-1 p.m. Thursday classes are at the Golden Years Senior Activity Center (726 S. 100 E. Bountiful), noon-1 p.m.

A light lunch will be provided at all of the classes but attendees must RSVP to Megan Forbush at (801) 525-5088 on Mondays by

Schedule:

• Feb. 2 & 4: Resources

for Caregivers – Megan Forbush, Davis County Senior Services

• Feb. 9 & 11: Estate and Long-Term Care Planning - Eric B. Barnes, The ElderCare Law Firm

• Feb. 16 & 18: Vehicle Modification - Amy Muller, Accessible Systems of Utah and Paraquad

• Feb. 23 & 25: How to Adapt to Change – Mark Hoyal, South Davis Home Health and Hospice March 1 & 3: Dry

Mouth Relief - Diana Lubbs, Pitt Family Dental

• March 8 & 10: Impact of the Aging Population and the Impact on the Family – Randy Swartwood and Penny Million, At Home Health Hospice and Personal Care.

Help available for people diagnosed with diabetes Whether you have had

diabetes for years or are newly diagnosed, you know that dealing with this condition can be a challenge. Davis County Health Department is offering a 6-week workshop, Living Well with Diabetes, proven to help those with type II diabetes self-manage their diabetes.

You will learn a variety of tools to manage your diabetes such as:

- How to prevent high and low blood sugar
- Ways to deal with pain
- and fatigue Formula for a healthy

eating plan, including how

- and how to handle difficult emotions
- Working with your health care team

Workshop begins Wednesday, Jan. 13, 6 p.m., at Wade Family Medicine (557 W. 2600 S., Bountiful). For more information or to register for the workshop, visit LivingWell.utah. gov or call 801-525-5087. Registration is required. Workshop is sponsored by Davis County Health

to plan low fat meals • Relaxation techniques

- Foot care

Department.

Medicare 101 class returns

Are you turning 65 or preparing to retire? Have you asked yourself these questions: How, when and where do I sign up for Medicare? Ever wonder what benefits Medicare offers?

Join us for a free one hour class and let us

answer your questions. The class is at the Layton Library (155 N. Wasatch Dr. Layton) on Jan. 12, 6:30 -7:30 p.m. and is sponsored by Davis County Health Department's Senior Services. For more information, contact Marie Jorgensen at 801-525-5086.

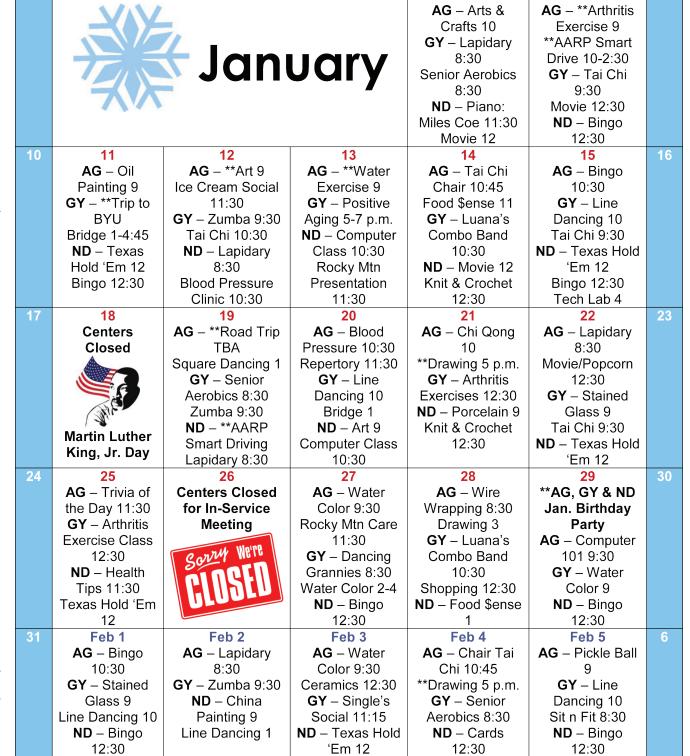
Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Family Health & Senior Services Division.

Kristy Cottrell, Division Director Jessica Hardcastle, Senior Scoop Coordinator

Mailing Address P.O. Box 618 Farmington, UT 84025 (801) 525-5050

Physical Address 22 S. State Street Clearfield, UT 84015

All issues of Senior Scoop are available at www.daviscountyutah.gov/ senior_scoop



* Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change) GY ~ Golden Years

AG ~ Autumn Glow (801) 444-2290 **81 East Center Street** Kaysville, UT 84037

(801) 295-3479 726 South 100 East **Bountiful, UT 84010**

ND ~ North Davis (801) 525-5080 **42 South State Street** Clearfield, UT 84015

Tap dance lessons begin

Interested in tap dancing? Lessons are for Beginners through Advanced and for ages 18 to 80-plus. Cost is \$20 per month. Registration is Thursday,

Feb. 4, 2-3 p.m., at the Autumn Glow Senior Activity Center, 81 East Center Street, Kaysville.

Call Reta Felt at 801-544-9752 for more information.



517 S. 100 E., Btfl. • 801-989-1602



Heart & Home Assisted Living Address: 41 & 71 E. Center Street Centerville, UT 84014

Phone: (801) 677-0179 or (801) 397-5544 Fax: (801) 335-4911 www.heart-and-home.org

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